



Injecting Hands With Hyaluronic Acid Filler Is The New Beauty Craze Of 2018

Beauty conscious men and women are now opting for hand injections to reverse telltale signs of ageing.



by Nadee Mode

For many, hands can be a sign of someone's age — as they are often the first body part to show protruding veins and tendons, lack of skin elasticity, and damaged sunspots.

Now, in response to a growing number of people who'll do whatever they can to stay looking young, a hand injectable has been approved by the US Food and Drug Administration (FDA) — the first of its kind to treat ageing appearance in hands.



Along with Radiesse, a dermal filler of calcium hydroxylapatite — Restylane Lyft, a hyaluronic acid filler, has also been deemed safe to be injected on the back of one's hands.

“Filler in the hands is used like filler in other places, to cause a rejuvenating effect by giving more volume and plumpness to an area which has lost some of that,” remarked Dr. Michelle Yagoda, a New York-based facial plastic surgeon.

“With ageing, there’s a loss of collagen and elastin, and the skin gets thinner, and in the hand, when that happens, you can see the tendons and the veins in the hands more prominently, and people associate that with ageing.”



Hand injections are very well-tolerated with a low-risk profile. The common side effects are temporary swelling and bruising. It takes less than 10 minutes per hand and the healing is immediate.

However, injecting hyaluronic acid into blood vessels can cause permanent discolouration, scarring, numbness, and decreased range of motion. Meanwhile, in the face, hyaluronic acid injection into a vessel can cause blindness. This is why it’s very important to find a qualified, board-certified physician for treatment.



The filler could last nine months to a maximum of two years, but in most cases, it typically lasts six to 10 months. Therefore, regular touch-ups can help maintain the youthful look.

And if you’re wondering how much this might cost, you can expect to spend a couple of thousand dollars (RM6k) for the initial session.